

Strength foundations

Reviewed 31 October 2026 · General adult education

25–35 min · Stable chair, clear floor and wall

Before starting: use the pathway readiness check. These sheets are for adults without symptoms or restrictions affecting exercise. Experienced sheets require familiar technique. A matched result is not medical clearance.

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

Effort & preparation

Keep about 3–4 comfortable repetitions in reserve. This means stopping before you could no longer complete another good repetition.

6–8 min of easy walking and comfortable arm movements, followed by a few unloaded rehearsals.

Rest 60–120 seconds between sets; take longer if needed. Do not rush to fit the clock.

01 Chair sit-to-stand | 1-2 sets × 8-10

Place a non-wheeled chair against a wall. Feet steady; lean forward slightly, stand, then sit with control.

Easier option: Use hands on the chair arms, reduce repetitions or use a higher firm seat.

02 Wall push-up | 1-2 sets × 8-12

Hands on the wall near shoulder height. Bend elbows to bring your chest toward the wall; press away with a straight, comfortable body line.

Easier option: Stand closer to the wall.

03 Glute bridge | 1-2 sets × 8-12

Only if getting onto the floor is comfortable: lie with knees bent and feet planted. Lift hips without arching your lower back; lower gently.

Easier option: Use standing hip extension instead: hold a stable support, move one leg a short distance behind you without arching, 8 controlled repetitions per side.

04 Supported calf raise | 1-2 sets × 8-12

Hold a solid support. Rise onto the balls of your feet and lower with control.

Easier option: Use a smaller range or fewer repetitions.

Finish: 3–5 min easy movement. This is a starting session, not a complete sport-specific strength programme.

Record this session

Reviewed 31 October 2026 · General adult education

Strength foundations · Use the instructions on the preceding page(s).

Date / session start	
Sleep / energy beforehand	
Exercises: load, reps by set	
Effort / reps left in reserve	
Comfort / recovery afterwards	

Choose your next step

Comfortable and on target: repeat. Harder than intended: use an easier option or less resistance next time. Poorer recovery: rest or use the easier-day sheet. Symptoms: stop and follow the safety guidance.

For strength only: after two comfortable sessions at the top of the stated repetition range with the intended reserve, optionally make the smallest familiar load increase and return to the lower repetition count. Do not also add sets. There is no automatic weekly progression.

Aerobic work: repeating the same manageable dose is useful. Do not automatically add speed, duration or intervals.

What I will repeat or change	
------------------------------	--

Sources & editorial limits

Resistance training: ACSM 2026

<https://acsm.org/resistance-training-guidelines-update-2026/>

Warming up: NHS

<https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/>

Sources inform general principles; they have not tested or endorsed these exact KYH workouts. Original editorial templates, AI-assisted, not independently reviewed by a clinician.